

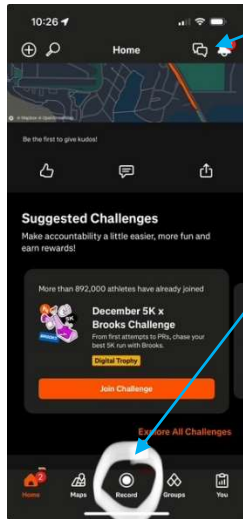
Recording Workouts in

STRAVA

Here are the basics of what you need to know about recording your workouts in the Strava app. All you need is your Android or Apple phone if you follow these instructions. While a Garmin or Wahoo bike computer or smartwatch is great, they aren't required. Here's how to get credit for your work:

For OUTDOOR Rides: (All rides after March 1 must be outdoor!)

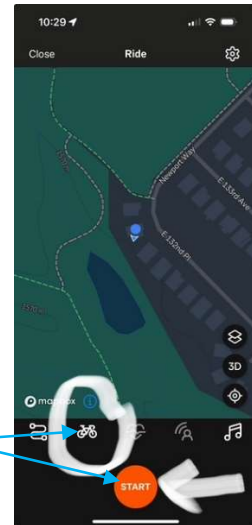
1. Open the Strava App. This is your Home Screen:



2. Tap the "Record" button

3. It will open up a screen that looks like this:

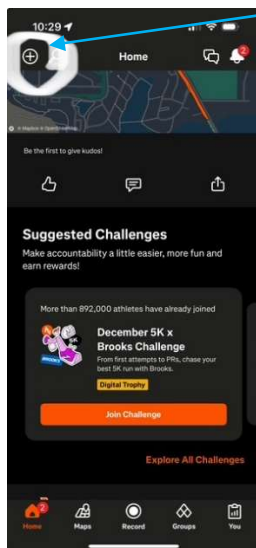
4. On this screen, just make sure you've selected "bike" for the activity type and hit the start button. When you finish your ride, hit stop and save it to your device. That's it.



For INDOOR (Trainer) Rides: (Note that indoor miles only count until March 1)

Using a spin bike at the gym or your own bike on a trainer, you'll need to record a manual workout.

1. On the Home Screen in the app, click the "+" sign on the upper left corner.



2. Select "Manual Workout" from the menu that pops up. It will take you to this screen:

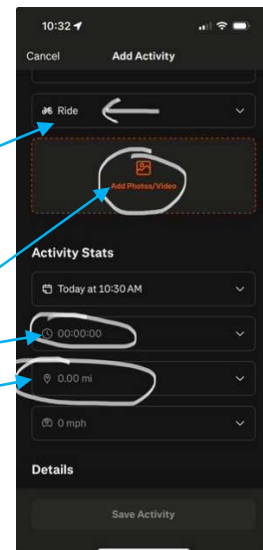
3. This is where you enter the details of your activity.

Activity Type = "Ride"

Add a photo of the exercise bike screen!

Enter Duration of Ride

Enter Distance!



For INDOOR mileage, you can record what the spin bike's screen says OR give yourself credit for 15 miles per hour ridden. Make sure to add a picture of the screen if you do this on an exercise bike!